

Fall 2024



Newsletter

FINDING PARKINSON'S SUPPORT IN JOPLIN

Mercy Hospital Joplin: Parkinson's Support Group

BY LORI MARBLE

Life often throws you curveballs. It's easier to catch them when you're part of team and everyone is wearing multiple gloves.

That's how we envision the Parkinson's Support Group, offered each Monday afternoon (excluding holidays) from 3:30 - 4:30pm, in Conference Room 1 of Mercy Hospital Joplin; an eclectic mix of newly diagnosed and "seasoned" Parkinson's patients and caregivers, all bringing their unique skill sets and talents to support each other.

Currently the "team" mix includes retired educators, healthcare co-workers, business managers, and veterans. Our members are active in square dancing, boxing, pickleball, table tennis, Comic Con, traveling, and gardening.

Occasional guest speakers join the group, in-person or via video link. Past

presenters have included speech professionals, physical and balance therapists, deep brain stimulator (DBS), dance instructors, and hospital practice managers. This past semester we were honored to have two third-year Kansas City University medical students join our group weekly. At first it appeared they were simply curious and wanting to learn more about patients coping with Parkinson's and movement related disorders, but very quickly they were an integral part of our group and have promised to remain in-touch now that they have moved on to the residency portion of the education.

When asked why the Mercy Parkinson's support group is important to them, some member responses included:

"I love coming to this group. Some of you are further along than me. I just love you all, you are a blessing to my

life. I learn more from you all every time we meet."

"I enjoy the group. My mom had Parkinson's and I only saw one trajectory. This group has helped me realize there are many paths. I wish I had become involved sooner."

"I started coming later than I should. I knew about the group, but I was working and I didn't think I had the time. Now I realize knowing you all and having this group to bounce ideas off and share concerns with, I could have learned more, sooner."

"Enjoy this group. It always gives me something to laugh about. The connections I've made have always helped me see the possibilities available for working with my Parkinson's."

The meetings are open to both Parkinson's patients and caregivers.

**For more information contact
Lori Marble, 417-556-2263,
lori.marble@mercy.net**

OUR MISSION

The Mission of the Parkinson's Group of the Ozarks is to educate, support research and improve the quality of life for people with Parkinson's disease.

To improve the quality of life

Parkinson's Group encourages monthly support group meetings, holiday parties, and social events. Some people may have difficulty coping with Parkinson's disease. It may be hard for them to ask their doctor questions or talk about their problems with family or friends. Our support groups and wellness classes can help keep people up to date about the latest changes and developments in Parkinson's disease and aid in dealing with day-to-day activities. They also provide an opportunity to discuss experiences and feelings and to share solutions to common problems.

To provide education

Parkinson's Group provides education through one-on-one assistance by phone, email, or in-person. Group education is offered through support group meetings. Support group leaders will often have guest speakers from around the area such as healthcare professionals, social workers, wellness instructors, etc. speak on various topics relating to the disease. During Parkinson's Awareness Month in April, PGO hosts an annual resource fair where families may visit with local businesses and organizations to learn about available PD resources. In addition, PGO also partners with the Parkinson's Foundation Heartland Chapter and other organizations to co-host several learning events on different PD topics throughout the year.

To support our community

For over two decades PGO has worked tirelessly to help people with Parkinson's Disease. PGO and its supporters provided the vision to establish the first clinic for Parkinson's patients known as Parkinson's Clinic of the Ozarks in 2001. In 2015 the clinic moved to the West tower at Cox Medical Center South becoming part of the Jared Neuroscience Center. Through ongoing community collaborations, classes and education offered, PGO provides access to programs and services for the welfare of Parkinsonians, their care partners, families, and friends.

SUPPORT GROUPS

FOR PEOPLE WITH PARKINSON'S DISEASE & CARE PARTNERS

Parkinson's Group of the Ozarks sponsors monthly support meetings. Support groups can provide information and access to a wide range of medical experts. They can assist caregivers in coping with the challenges associated with the disease. These special groups of people give and receive fellowship and support from people sharing similar experiences.

THE BODYSMITH

1136 E. St. Louis St.
Springfield, MO 65806
417-865-0500

Meetings: Second Saturday of the month at 11 a.m.

COXHEALTH PARKINSON'S SUPPORT GROUP FOR SENIORS

Meyer Orthopedic and Rehabilitation Hospital
3535 S. National Ave.
Springfield, MO 65807
417-269-3616

This group is available for caregivers and those who have been diagnosed with Parkinson's disease that are age 65+.

Meetings: Third Wednesday of the month from 2:30-3:30 p.m.

CARE PARTNER LUNCHEON

417-860-5491

This group is available for women caregivers and meets once a month at different restaurants in the Springfield area for comradery and support. You purchase your meal.

Meetings: Second Tuesday of every month at 1 p.m.

SHARLIN HEALTH & NEUROLOGY

5528 N Farmer Branch Rd.
Ozark, MO 65721
417-485-4330

Meetings: Last Wednesday of the month at 12:30 p.m.

Virtual option is available.

PARKINSON'S SUPPORT GROUP - BRANSON WEST AREA

11016 State Hwy 76, Ste 11
Branson West, MO 65737
417-357-6134

Meetings: First Thursday of the month at 12 p.m.

JOPLIN MERCY

100 Mercy Way,
Conference Room 1
Joplin, MO 65804
417-556-2263

Meetings: Mondays at 3:30 p.m.

FAIR ACRES FAMILY YMCA

2600 Grand Ave.
Carthage, MO 64836
417-358-1070

Meetings: Third Wednesday of the month at 11:30 a.m.

parkinsonsgroup.org | 417-814-6067 | [facebook](#) @ParkinsonsGroup

ABOUT PARKINSON'S DISEASE

Nearly one million people in the U.S. are living with Parkinson's disease, and over 90,000 more are diagnosed each year. Many of these call the Ozarks home. Parkinson's disease is a slowly progressive neurological disease generally associated with tremor or trembling of the arms and legs, stiffness and rigidity of the muscles, slowness of the movement, and impaired balance and coordination. As these symptoms become more pronounced, patients may have difficulty walking or completing other simple tasks. This disease not only affects the patient, but also his or her family.



Our newsletter is going digital!

Beginning in 2025 we'll be sending out our newsletter by email.

Subscribe online by visiting: parkinsonsgroup.org/newsletter

Scan this QR code with your smart phone to sign up!



Still want to receive a printed copy?
Call 417-814-6067 to verify your mailing address.

WE'RE HERE TO HELP

You do not need to travel the path alone. We're here to help. Parkinson's Group is based in Springfield, Missouri in the heart of the Ozarks. As a not-for-profit organization, we work tirelessly to help people with Parkinson's disease.

14
Wellness
Classes

7
Support
Groups

1000+
Families Reached
through Newsletter

8
Scholarships
Awarded

PARKINSON'S GROUP OF THE OZARKS

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Our board of directors come from a variety of backgrounds, including medical, financial, education, legal, and wellness. Each member brings a unique set of skills that helps our organization achieve its mission.

CONTACT PGO

CASSI LOCKE
Executive Assistant
cassi@parkinsonsgroup.org

Office Hours:
By appointment only.

417-814-6067
parkinsonsgroup.org
1136 E. St. Louis St.
Springfield, MO 65806

PGO RECIPIENT OF PARKINSON'S FOUNDATION COMMUNITY GRANT

PGO is the proud recipient of the 2024-2025 Parkinson's Foundation Community Grant. This grant will aid us in expanding our Parkinson's yoga classes into Nixa. Over the last few years, we've been able to offer free yoga classes in Springfield and Branson West. Now we have the opportunity to reach those with Parkinson's in the rapidly growing Christian County area.

Not very many people are aware about the benefits of yoga for Parkinson's disease, or they have misconceptions about the activity and their own capabilities. We're shedding light on the exercise by tailoring the class to address the unique needs and challenges people with PD face. For instance, many of those with PD have a fear of falling. Several activities in yoga are designed to assist with vital everyday movements such as safely lowering yourself and rising back up from a chair, bed, or floor. By focusing on gentle balance exercises, easy-to-learn coordination movements, and self-paced stamina, the activities can be performed at all fitness levels. Yoga also emphasizes slow, mind-body connection postures, rhythmic breathing awareness, and mindfulness training meditation that can help address the concerns of tiring quickly or needing to start off with a lighter level exercise therapy program.

PD care partners are encouraged to attend to not only provide support for their loved ones but to help alleviate the stress often associated with care giving. Being a part of the experience builds a stronger emotional bond and is beneficial for continuing the exercise movements at home to stay on top of the disease.





2nd Annual **TRIVIA NIGHT & SILENT AUCTION**

Movies, Music and Memories

And the award for the most fun trivia night supporting the Parkinson's community goes to... PGO!

The second annual Trivia Night & Silent Auction fundraiser stole the spotlight this summer, raising awareness for Parkinson's Disease (PD). This year's event was held at the spacious Relics Event Center in



Springfield and featured a 50/50 raffle, silent auction, festive photo area, delicious dinner options from the Q66 BBQ food truck, a meet-and-greet with local sponsors, and much more!

With 10 rounds of themed movie, music, and TV show questions, teams had a blast recalling the classics. One round was even dedicated to famous actor Michael J. Fox, honoring his contributions to Parkinson's research. In the end, the team In My Trivia Era won first place, but we're all winners when supporting the Parkinson's community!

Over \$10,000 was raised from the event, with proceeds benefiting the many Parkinson's classes and activities provided by PGO, which will continue to be offered at no charge to those affected by PD.

A special thank you goes out to our star-studded sponsors: Kyowa Kirn, Turner's Rock, and Springhouse Village.

PARKINSON'S FOUNDATION? PARKINSON'S GROUP OF THE OZARKS? WHAT'S THE DIFFERENCE?

BY CASSI LOCKE,
EXECUTIVE ASSISTANT

There are numerous Parkinson's based organizations in the U.S. Michael J. Fox Foundation, American Parkinson's Disease Association (APDA), Davis Phinney Foundation, and PMD Alliance are just to name a few. Most of these foundations have distinguishable names that are easier for people to identify.

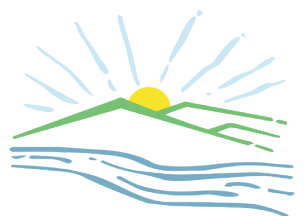
However, when the names Parkinson's Foundation and Parkinson's Group of the Ozarks pop up, many people can't tell the difference and believe they are the same organization. It's very easy to mistake one organization for another, especially when the word "Parkinson's" is prominent in each name. But did you know that the Parkinson's Foundation and Parkinson's Group of the Ozarks (PGO), are two entirely **separate** organizations?



PARKINSON'S FOUNDATION

In 2016, the National Parkinson Foundation merged with the Parkinson's Disease Foundation to form the Parkinson's Foundation. The Parkinson's Foundation is a larger national non-profit organization, based out of New York and Miami, that includes 17 Chapters in the U.S. Missouri is part of the Heartland Chapter which also encompasses Iowa, Nebraska, and Kansas. The Parkinson's

Foundation also provides worldwide assistance through their Global Care Network and 54 Centers of Excellence, medical centers with a specialized team of healthcare professionals dedicated to up-to-date Parkinson's care.



Parkinson's Group
of the Ozarks

CELEBRATING 25 YEARS

PARKINSON'S GROUP OF THE OZARKS

Parkinson's Group of the Ozarks (PGO) is a local non-profit organization based out of Springfield, Missouri. While the geographical boundaries of the "Ozarks" can be hard to define, PGO provides most of its programs and services in southwest Missouri. Wellness classes, support groups, and educational opportunities are available in many locations such as Springfield, Joplin, Branson West, Nixa, Ozark, Marshfield, and many more.

Working Together

PGO proudly partners with the Parkinson's Foundation Heartland Chapter by co-hosting various learning opportunities throughout the year, implementing classes funded through the Parkinson's Foundation Community Grant, and by sharing Parkinson's Foundation educational materials, such as booklets and fact sheets.

The Parkinson's Foundation and



Veterans Viewing Party co-hosted by the Parkinson's Foundation Heartland Chapter and PGO.

PGO gladly refer to one another for resources. For instance, the Parkinson's Foundation Heartland Chapter is based out of our sister neighborhood of Kansas City, Missouri and may offer references to more wide-scale resources for Parkinson's disease while the PGO is able to provide information on more localized and rural opportunities.

So, which one should I support?

Both! When choosing which organization to donate towards, both the Parkinson's Foundation and PGO have similar overlapping goals of supporting research and improving quality of life for those affected by the disease. While the Parkinson's Foundation is able to expand your impact to a larger level across the state or nation, with PGO, your dollars stay here in the Ozarks. They help provide programs, classes, and support at no-charge to families in southwest Missouri. Whichever organization you choose, it should be near and dear to your heart.

**For more info about the
Parkinson's Foundation Heartland
Chapter: 913-416-4116**

**For more info about Parkinson's
Group of the Ozarks: 417-814-6067**

FREE GROUP CLASSES & ACTIVITIES IN THE OZARKS

As part of our mission, PGO is proud to sponsor multiple exercise and wellness classes for people with Parkinson's.

ROCKIN' THE RHYTHM DANCE CLASS

THURSDAYS AT 3 PM

The Bodysmith
1136 E. St. Louis St.
Springfield, MO 65806
417-865-0500

YOGA FOR PARKINSON'S

TUESDAYS AT 10:30 AM

King's Way United
Methodist Church
2401 S. Lone Pine Ave.
Springfield, MO 65804
417-209-5418

PD SPEAK, SWALLOW & LEARN

TUESDAYS AT 6:00 PM

MSU – Ann Kampeter Sciences Hall
509 E. Cherry St.
Springfield, MO 65806
501-412-5621

PARKINSON'S EXERCISE THERAPY

**TUESDAYS AT 2 PM &
SATURDAYS AT 10:15 AM**

This chair-based fitness class uses therapeutic exercises based off the BIG and LOUD therapy programming with a variety of gym equipment provided. Caretakers are welcome to join.

F8 Training and Wellness Studio
2048 S. Stewart Ave.
Springfield, MO 65804
417-720-1057

PING PONG FOR PARKINSON'S

**TUESDAYS & WEDNESDAYS
AT 10:30 AM & FRIDAYS 1-3 PM**

Marshfield Senior Center
427 W. Washington St.
Marshfield MO 65706
417-859-3555

YOGA FOR PARKINSON'S

WEDNESDAYS AT 9:30 AM

Claybough Plaza Mall
11016 E. St. Hwy 76 Ste. 10
Branson West, MO 65737
417-209-5418

PILATES

WEDNESDAYS AT 12 PM & 1 PM

The Bodysmith
1136 E St. Louis St.
Springfield, MO 65806
417-865-0500

PARKINSON'S EXERCISE GROUP

THURSDAYS AT 11 AM

This class is designed to enhance movement, provide improvement in mobility and brain function.
11016 E. St. Hwy 76 Ste. 10
Branson West, MO 65737
417-357-6134

YOGA FOR PD

THURSDAYS AT 12:30 PM

Provided thanks to a community grant from the Parkinson's Foundation.

Aldersgate Church
460 Aldersgate Dr.
Nixa, MO 65714
417-880-0429

LOUD FOR LIFE SPEECH THERAPY

THURSDAYS AT 4:00 PM

Completion of LSVT LOUD is required before joining.
1229 E. Cherokee St.
Springfield, MO 65804
417-820-5042



DRUMMING THERAPY & MUSIC THERAPY CLASSES

**THURSDAYS AT 10:30 AM
& FRIDAYS AT 9:30 or 11:30 AM**

No musical experience necessary. Caregivers welcome.
Center for Music Therapy & Wellness

Drury University - Springfield Hall
Springfield, MO 65802
417-873-7877

PARKINSON'S INDOOR CYCLING

FRIDAYS AT 12 PM

Cox Meyer Center
3545 S. National Ave.
Springfield, MO 65807
417-844-3443



KARA DUNN MEMORIAL ROCK STEADY BOXING

A physical assessment is required to start this class so make sure to call. Visit www.bodysmithpilates.com.

The Bodysmith
1136 E St. Louis St.
Springfield, MO 65806
417-865-0500





Parkinson's Group
of the Ozarks

1136 E. St. Louis St.
Springfield, MO 65806

MARK YOUR CALENDAR!

22nd Annual

**POUND THE PAVEMENT
FOR PARKINSON'S
5K RUN/WALK**

OCTOBER 19, 2024

8:30 AM

Graceway Baptist Church 5010 S. Farm Rd. 135
Springfield, MO 65810

**VOLUNTEER AND SPONSORSHIP
OPPORTUNITIES ARE AVAILABLE!**

MORE INFO: Parkinsonsgroup.org/upcomingevents



REGISTER:
SCAN THE
QR CODE WITH
YOUR SMART
PHONE.